



Serves: 4

Cottage Cheese in Green Chutney Marinade

Ingredients

- Paneer (cottage cheese) 300g

Green Chutney

- Mint ½ cup
- Green coriander ½ cup
- Green chilli 3
- Ginger 1 tbsp
- Garlic 1 tbsp
- Anardana powder (pomegranate dry seeds) 1 tsp

Marinade

- Natural set yogurt 150g
- Cumin powder 1 tsp
- Chat masala 1 tsp
- Salt ¼ tsp
- Lettuce 50g

Tips:

- Grilling or baking, instead of deep-frying, is a great way to create tasty dishes that are healthier and lower in fat.
- Use fresh ingredients, herbs and spices or low sodium seasonings as flavor enhancers for marinade.
- Milk and dairy products provide calcium, which is essential for healthy bone growth and development.

Method

- Cut Paneer (cottage cheese) into 2-inch cubes.
- Put all the ingredients for the green chutney and blend in a blender to make a smooth paste. Add just a little water if needed.
- In a bowl, add the ingredients for the marinade and mix well, and then add in the green chutney.
- Dip the Paneer cubes in the marinade and make sure the Paneer cubes are well coated. Set aside and allow to marinate for 30 minutes.
- Arrange the Paneer cubes on a thin skewer and cook it in tandoor for 4–5 mins or place them on a grid tray of an oven and cook at 200 °C for 8–10 minutes.
- Remove and serve hot on a bed of lettuce.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 100kcal

Protein 12.5g

Total fat (g and % of total calories)
1.7g (15.7%)

Saturated fat 0.9g

Cholesterol 5.7mg

Carbohydrate 8.1g

Dietary Fibre 1.2g

Sodium 492mg